

<div><div>OCONTO UNIFIED SCHOOL DISTRICT</div><div>BOARD OF EDUCATION</div></div> <div>POLICY: 353</div>

HEALTHY SCHOOL NUTRITION & PHYSICAL FITNESS ENVIRONMENT

- I. The Oconto Unified School District recognizes that proper nutrition is related to students' physical well-being, growth, development, and readiness to learn. A healthy school environment gives students consistent, reliable health information and ample opportunity to use it.
- II. The link between good nutrition and good education is clearly demonstrated by better attendance, higher test scores, and fewer behavior problems in school.
- III. The Oconto Unified School District Board of Education supports and promotes a healthy school nutrition environment, which includes the following:
 - i. Quality school meals with an emphasis on nutrient dense foods.
 - ii. Other healthy food choices.
 - iii. Pleasant eating experience.
 - iv. Nutrition education.
 - v. Marketing health and nutrition within the community.
- IV. The Oconto Unified School District is committed to providing opportunities for physical activity within the school day.
- V. The Oconto Unified School District will promote knowledge and behavior that improve health, intellectual development and overall quality of life. Students, parents, teachers, school officials, community and business leaders must be actively involved in ensuring that the school environment promotes good health.
- VI. The district's Nutrition-Fitness Committee will develop an Action Plan to include: goals, strategies, person(s) responsible for implementation and measurements of implementation. The plan will include nutrition education, physical activity and other school-based activities that are designed to promote student, staff and community wellness. This action plan will be reviewed annually.
- VII. The Oconto Unified School District assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture, as applicable to schools.

Approved: April 19, 2004

Approved: May 16, 2005